

Abstract

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A transmitter, for transmitting an intermittent sequence of messages to maintain synchronisation between the transmitter and at least one receiver, comprising: control means arranged to provide messages for transmission, each of said messages forming part of said sequence of messages and comprising control information for effecting synchronisation, including timing information, wherein said timing information is dependent upon when the transmission of a following message in the sequence occurs; and transmission means, responsive to said control means, for transmitting each of said messages. A receiver, for synchronising with a sequence of transmitted messages each comprising control information including timing information, comprising: receiver and synchronisation means responsive, when enabled, to the control information in a received message to indicate to the control means the reception of said message. The control means may enable power conservation by disabling said receiver and synchronisation means for a period of time dependent upon the timing information in said received message and enabling said receiver and synchronisation means to receive a following message in the sequence.

Figure 4